


Modderfontein - 20 February 2024

Thank you to our timekeepers: Gail Elliot-Wilson and Riaan Steyn

Ladies 5km TT

	Name	Time	Pace	+/- PB
5	Nicola-Jayne Kirkby	25:24	5:05	+2:44
5	Yonica Pienaar	27:58	5:36	+0:15
5	Celine Van Enter	30:26	6:05	+4:41
5	Bronwyn Diamond	32:00	6:24	+1:37
5	Keabetswe Mangake	33:10	6:38	-2:43
5	Electra Parpottas	33:20	6:40	-1:40
5	Anke Krid	33:58	6:48	-1:37
5	Gayle Bates	38:53	7:47	+4:10
5	Milly Manabihe	40:05	8:01	+3:10
5	Claire Steyn	40:35	8:07	+14:04

Mens 5km TT

	Name	Time	Pace	+/- PB
5	Dino Lloyd	23:10	4:38	+0:30
5	Ross Phillips	24:05	4:49	+3:14
5	Clayton Sumner	25:24	5:05	+5:28
5	Christian Gevers	25:37	5:07	+0:00
5	Bradley Diamond	26:55	5:23	-2:51
5	Ofhani Rapetswane	26:56	5:23	+2:56
5	Steven Storey	27:52	5:34	+1:33
5	Darin Pillay	27:58	5:36	+0:35
5	Deon Wessels	28:20	5:40	+3:23
5	Steve Moolman	29:34	5:55	+1:06
5	Craig Laros	30:51	6:10	+1:33
5	Kamen Govender	34:10	6:50	-1:47
5	Justin Pillay	44:00	8:48	+0:00

Ladies 8km TT

	Name	Time	Pace	+/- PB
8	Shanice Peens	34:18	4:17	-0:32
8	Estrelita Kotze	35:00	4:23	-0:55
8	Tristan Torr	35:06	4:23	+1:13
8	Chelsea Muller	39:08	4:54	-1:48
8	Marizanne Pienaar	39:08	4:54	-1:13
8	Gillian Faruhaarson	39:43	4:58	+4:20
8	Samantha Zermatten	43:00	5:23	-1:29
8	Sally Bevington	43:17	5:25	+0:38
8	Michelle Sparke	45:50	5:44	+0:42
8	Laetitia Stap	45:53	5:44	+2:42
8	Janice Ross	47:27	5:56	-1:10
8	Gia Sada	49:25	6:11	+0:00
8	Rochelle Fisher	49:25	6:11	+0:00
8	Candice Delacovia-Grav	50:16	6:17	+0:59
8	Lianne Zermatten	51:21	6:25	+0:04
8	Helga Lucas	55:00	6:53	-1:37
8	Charmine Payne	59:20	7:25	+0:00

Mens 8km TT

	Name	Time	Pace	+/- PB
8	Dario Matteucci	31:48	3:59	+1:30
8	Richard De Klerk	32:11	4:01	-0:17
8	Andre Venter	33:11	4:09	-0:19
8	Isiah Dzambo	34:08	4:16	-0:38
8	Dieter Zermatten	34:55	4:22	-0:41
8	Mitchell Gill	35:10	4:24	+2:19
8	Andre Greyling	35:37	4:27	-0:19
8	Jose Bates	36:08	4:31	+3:07
8	Bobby Kassner	38:01	4:45	-0:54
8	Barry Chapman	39:43	4:58	+7:38
8	Warren Graver	39:43	4:58	+4:26
8	Simon Levin	40:41	5:05	+4:03
8	Leon Jordaan	40:45	5:06	+4:41
8	Mike van Jaarsveld	40:52	5:07	-1:35
8	Hector Moloko	41:45	5:13	-4:31
8	Chris Botha	42:03	5:15	+1:08
8	Martin Blignaut	42:17	5:17	-1:43
8	Moses Mtetha	43:25	5:26	-0:08
8	Craig Bekker	44:40	5:35	+0:00
8	Tristan Laros	44:40	5:35	-0:20
8	Frank Lephoto	44:57	5:37	+1:59
8	Patrick Wong	44:59	5:37	-1:28
8	Patrick Lovell	45:45	5:43	+5:48
8	Henri Zermatten	45:56	5:45	+4:19
8	Edwin Maroga	49:03	6:08	+1:37
8	Coach Marco	49:32	6:12	+4:00
8	Dominik Crobe	57:20	7:10	+0:00

4km Walkers

	Name	Time	Pace	+/- PB
4	Francios Peens	28:20	7:05	+0:30
4	Lisa Portelli	39:18	9:50	+4:21
4	Liesel Raath	40:10	10:03	+3:34
4	Leigh Raath	40:13	10:03	+6:16

Virtual TT

	Name	Time	Distance
	Ian Morrison	35:46	8